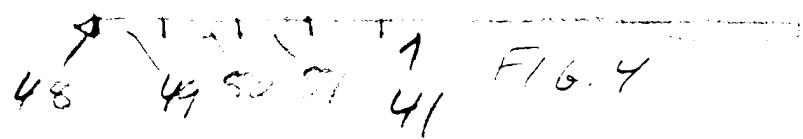


FIG. 3



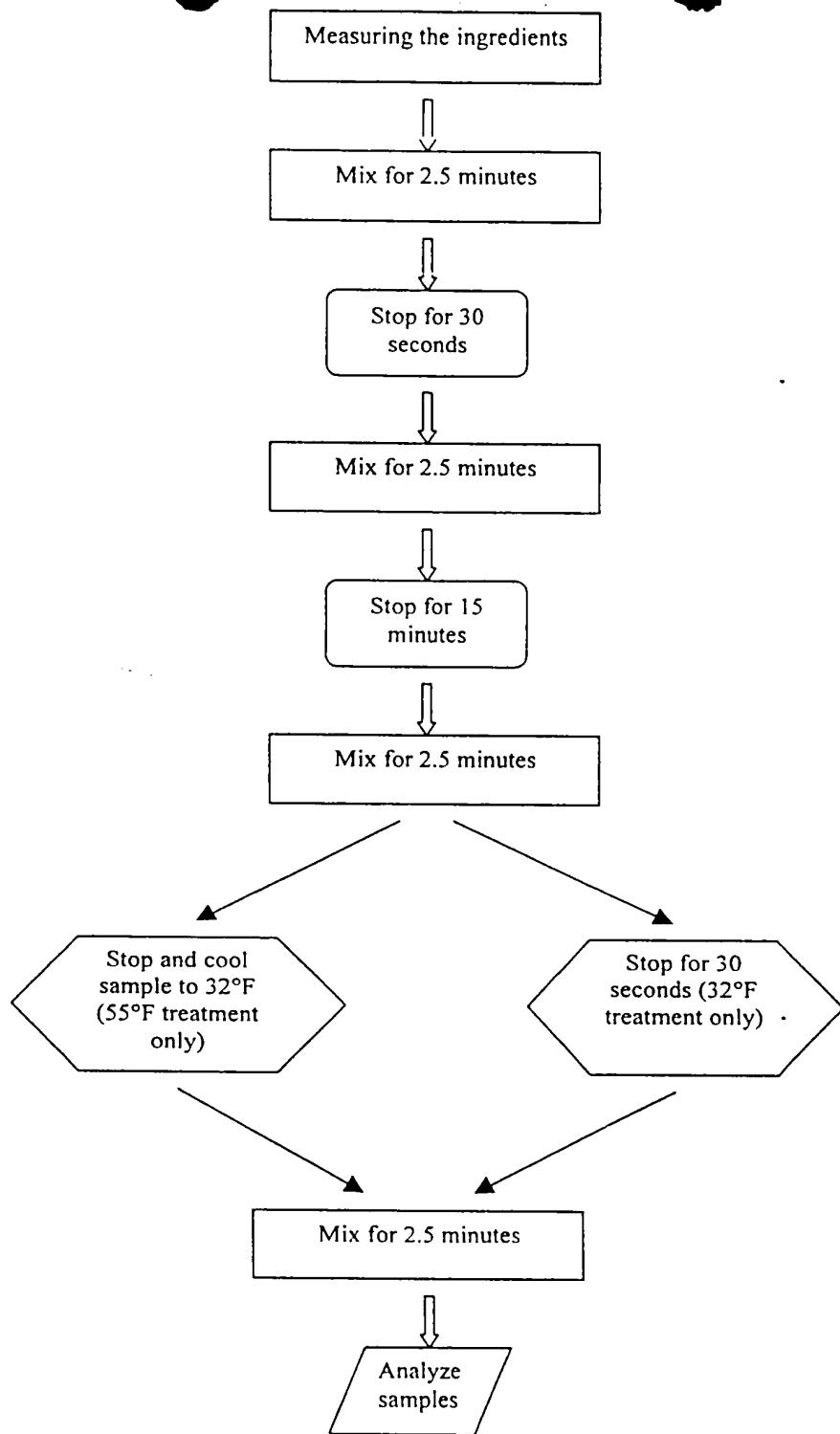


Figure 5. Flow diagram of massaging procedure of lean pork leg (fresh ham) muscles at 32 and 55°F.